

ABSTRACT

Title: **COMPETENCY PROFILE OF FITNESS INSTRUCTOR**

Objectives: The aim of this work is to find out competencies of fitness instructor and make a competency profile, containing competencies, which are important for excellent fitness instructor.

Methods: I applied the method of interview and the method of research in my thesis. The interview was used to make a list of competencies of fitness instructor. The research was applied in the final part of making competency profile, for an attestation of explorative competency profile of fitness instructor.

Results: The result of the thesis is competency profile, respectively a list of competencies, which distinguishes an excellent fitness instructor from an ordinary one.

Keywords: competence, instructor, fitness, fitness centre